In the Claims:

Claims 1-12 (canceled).

Claim 13 (new) A metallic flat gasket comprising:

at least one through-opening;

at least two layers constructed from a spring steel;

at least one stopper which surrounds said through-opening, said at least one stopper disposed in a first layer;

a first bead which is adjacent said stopper, said first bead disposed in said first layer;

a second bead disposed in a second layer; and

at least one cranking disposed in said second layer adjacent said second bead and between said stopper and said first bead in said first layer;

wherein the constructional height of said at least one cranking corresponds approximately to a value 1/(2n+2) times the height of said stopper;

wherein n is the non-integer part of said value which is the number of said layers that have a bead divided by 2.

Claim 14 (new) The gasket of claim 13, wherein said cranking of said second layer is smaller than the average constructional height of said first bead and said second bead when said gasket is in a non-compressed state.

Claim 15 (new) The gasket of claim 13, wherein said beads are such that one of said beads is disposed above the other of said beads.

Claim 16 (new) The gasket of claim 13, wherein said gasket further includes a third layer constructed from a spring steel in which a third bead is disposed.

Claim 17 (new) The gasket of claim 13, wherein said gasket further includes a layer in the form of a spacer sheet.

Claim 18 (new) The gasket of claim 13, wherein said stopper is formed by crimping over or swaging.

Claim 19 (new) The gasket of claim 13, wherein said stopper is formed by one of a separate ring, a separate annular disk or an undulating, saw-tooth shape or an undulating trapezoidal shape.

Claim 20 (new) The gasket of claim 13, wherein said height of said stopper is between about 0.04 mm and about 0.25 mm.

Claim 21 (new) The gasket of claim 13, wherein said gasket is a cylinder head gasket.

Claim 22 (new) The gasket of claim 13, wherein said gasket is located in one of an intake region, an exhaust region, or a turbo-charger region of an engine.

Claim 23 (new) A flat gasket comprising:

at least one through-opening;

at least three layers, including at least two layers constructed from a spring steel;

an inner layer adjacent to said two layers, said inner layer including at least one stopper which surrounds said through-opening;

one bead disposed in each of said two layers; and

at least one cranking disposed in at least one of said two layers adjacent said inner layer between said stopper region and said beads;

wherein the constructional height of said at least one cranking corresponds approximately to a value 1/(2n+2) times the height of said at least one stopper;

wherein n is the non-integer part of said value produced when the number of gasket layers which have said beads is divided by 2.

Claim 24 (new) The gasket of claim 23, wherein said cranking is smaller than the average constructional height of said beads when said gasket is in a non-compressed state.

Claim 25 (new) The gasket of claim 23, wherein said gasket further including a layer constructed from a spring steel in which another bead is disposed.

Claim 26 (new) The gasket of claim 23, wherein said gasket further includes a layer in the form of a spacer sheet.

Claim 27 (new) The gasket of claim 23, wherein said beads are such that one of said beads is disposed above the other of said beads.

Claim 28 (new) The gasket of claim 23, wherein said stopper is formed by one of a separate ring, a separate annular disk, or an undulating, saw-tooth shape or an undulating trapezoidal shape.

Claim 29 (new) The gasket of claim 23, wherein said stopper is formed by crimping over or swaging.

Claim 30 (new) The gasket of claim 23, wherein said height of said stopper is between about 0.04 mm and about 0.25 mm.

Claim 31 (new) The gasket of claim 23, wherein said gasket is a cylinder head gasket.

Claim 32 (new) The gasket of claim 23, wherein said gasket is located in one of an intake region, an exhaust region or a turbo-charger region of an engine.